When you prostrate, place your palms and raise your elbows

Al-Barā’ (may Allah be pleased with him) reported: The Messenger of Allah (may Allah's peace and blessings be upon him) said: "When you prostrate, place your palms and raise your elbows."

[Authentic] [Narrated by Muslim]

The Prophet (may Allah's peace and blessings be upon him) clarified the position of the hands during the prostration in prayer. The palms should be put on the ground with the fingers joined facing the Qiblah (prayer direction), whereas the elbows—the joint between the forearm and the upper arm—should be raised and not touch the ground and should be kept away from the sides.

https://sunnah.global/hadeeth/en/show/10927

النجاة الخيرية
ALNAJAT CHARITY
لجنة الدعوة الإلكترونية
EDC E-Da'wah Committee